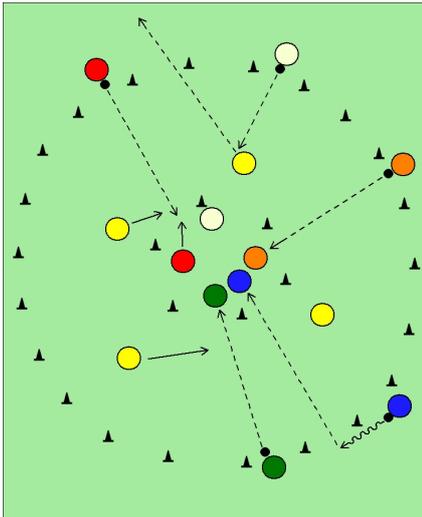




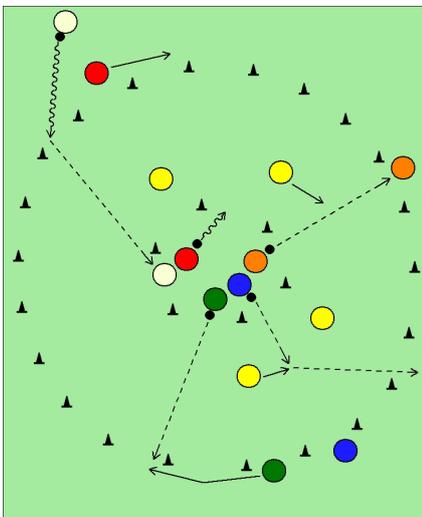
Circle - dribbling

Get me out of here



space to pass safely.

The yellow players have to try and prevent this from happening and if they intercept a ball, as with the white partners, they can kick it as far out of the circle as they can.



How it works

Partners stand one inside the smaller, middle circle and one on the edge of the outer circle with a ball. The size of the two circles will depend on the numbers in the group.

The partner in the smaller circle is trapped in the jungle/prison or desert island but can move anywhere within this circle. Get them to shout or call 'help' and/or 'get me out of here' to liven it up. A target of 15/20 passes between the two players is set in order for this player to be freed.

The yellow players can move anywhere between the two circles and could be lions/guards or sharks depending on the story.

On a signal from the coach the partners on the outside must try and pass the ball to their partner in the centre. They are allowed to move around the outside of the circle, as shown by the blue player in the diagram, to find the

Partners continue to try and pass to each other across the space between the two circles.

The yellow players can intercept the passes in either direction or get a ball that has not been controlled effectively and has perhaps bounced or rebounded into their space. They continue to kick balls out of the circle to slow the partners down in achieving their set number of passes.

Once the set number of passes are completed the partner on the outside must dribble into the middle circle to rescue their partner, as the orange player is trying to do in the diagram.

However, the yellow players can still intercept passes or tackle players and kick the ball out of the circle.

The blue players are now both in the middle and are on the way to freedom by getting the ball safely to the edge of the outer circle. Partners can dribble or pass between each other to keep possession to get there.

The game can end when the first pair are free or allow others the time to do so with support from players who have already earned their freedom.

Possible changes

Be really mean and make the pass count start again if their ball is



Circle - dribbling

intercepted or tackled and kicked out of the circle.